

Shimmies And Hips

COPPERKNOB
BY STEPHEN

拍数: 48 墙数: 2 级数:
编舞者: Marg Jones (CAN)
音乐: Love Shack (Remix/Edit) - The B-52's



Count 16 after he sings, "I can't hear you" then begin

STEP, SLIDE TWICE, LEFT SAILOR SHUFFLE, ¼ TURN LEFT, RIGHT SAILOR SHUFFLE

1-2 Step forward on left, slide right next to left
3-4 Step left forward, slide right next to left
5&6 Cross left behind right while turning ¼ left, step side right, step left next to right
7&8 Cross step right behind left, step side left, step right next to left

STEP, SLIDE TWICE, LEFT SAILOR SHUFFLE, ¼ TURN LEFT, RIGHT SAILOR SHUFFLE

9-10 Step forward on left, slide right next to left
11-12 Step left forward, slide right next to left
13&14 Cross left behind right while turning ¼ left, step side right, step left next to right
15&16 Cross step right behind left, step side left, step right next to left

JUMP FORWARD, HOLD, CIRCLE HIPS TO THE RIGHT, JUMP BACK, HOLD, CIRCLE HIPS TO THE LEFT

&17 Jump forward on left, right
18 Hold (with clap)
19-20 Circle hips to the right
&21 Jump back on right, left
22 Hold (with clap)
23-24 Circle hips to the left

STEP TOUCHES LEFT, RIGHT, ROLLING VINE LEFT

25-26 Step left to left, touch right beside left
27-28 Step right to right, touch left beside right
29-32 Vine left while making full turn, ending with right touching beside left

SHIMMY DIAGONALLY FORWARD RIGHT

33 Step right forward on a right diagonal while shimmying hips
34 Continue shimmying hips
35 Touch left beside right
36 Hold (with clap)

SHIMMY DIAGONALLY BACK LEFT

37 Step left back on left diagonal while shimmying hips
38 Continue shimmying hips
39 Touch right beside left
40 Hold (with clap)

SHIMMY DIAGONALLY BACK RIGHT

41 Step right back on right diagonal while shimmying hips
42 Continue shimmying hips
43 Touch left beside right
44 Hold (with clap)

SHIMMY DIAGONALLY FORWARD LEFT

- 45 Step left forward on left diagonal while shimmying hips
- 46 Continue shimmying hips
- 47 Step right beside left (putting weight on right)
- 48 Hold (with clap)

REPEAT

BONUS STEPS:

After the 7th repeat, you'll hear him sing "the whole shack shimmies while everybody's moving around and around and around and around". Do the following extra steps, then continue from beginning of dance

SIDE SHIMMIES RIGHT, LEFT

- 1-2 Step right to right, while shimmying hips, continue shimmying hips
- 3-4 Touch left beside right, hold (with clap)
- 5-6 Step left to left, while shimmying hips, continue shimmying hips
- 7-8 Step right beside left with feet about 12" apart, hold (with clap)
- 9-16 Shimmy hips around 4 times in to the right motion

Optional hand movement for 9-16: put hands up in air with elbows bent at a right angle.
